

# KCAA 3K and 10K Championships with Open On 26<sup>th</sup> June 2024

To be received by Saturday 22<sup>nd</sup> June 2024.

Meeting to be held at Central Park Athletics Track, via Cranford Rd, Dartford. DA1 1JP.

**PLEASE COMPLETE FORM IN BLOCK CAPITALS.**

Form to be sent by email to at [capongdcl@yahoo.com](mailto:capongdcl@yahoo.com)

Surname: - \_\_\_\_\_ Forename: - \_\_\_\_\_ Gender: -(Tick) Male  Female

1<sup>st</sup> Claim Club \_\_\_\_\_ Date of Birth: - \_\_\_\_\_

Athletes Registration No: - \_\_\_\_\_

Address. \_\_\_\_\_ Town. \_\_\_\_\_

Post Code \_\_\_\_\_ Phone Number. \_\_\_\_\_

Email Address. \_\_\_\_\_

**If a residential qualification is claimed, please complete the following.**

I have continuously resided at \_\_\_\_\_ Post Code \_\_\_\_\_

I have lived there since \_\_\_\_\_

**Please confirm if entering as (Tick).** Championship entry or Open Entry (i.e. outside Kent)

**Please indicate event & age category from list below.**

## 10,000m

Under 20 Men		Senior Men		Master 35 M		Master 40 M	
Master 50 M		Master 60 M					
Under 20 Women		Senior Women		Master 35 W		Master 40 W	
Master 50 W							

## 3,000m

Under 17 Men		Master 70 M		Under 17 Women		Under 20 W	
Senior Women		Master 50 W		Master 60 W			

I declare that I am eligible to compete in these championships and I have made a Bank Transfer for £15.00

To Kent County Athletics Association. Bank Account at Barclays

Sort Code **20-06-72** Account Number **40546445** **Please add 3K or 10K & your name in reference box.**

Signed \_\_\_\_\_

Date \_\_\_\_\_

These Championships are being held under UKA Rules for Competition and all athletes must be EA registered to compete. Without we cannot accept entry.

1. An electronic lap timing & photo finish results system will be in use at this meeting.
2. Please note that the finish line has a mat protecting the cable. It could be slippery if in spikes.
3. The 3K will start at 19.30 hrs followed by 10K approximately 15 minutes later.
4. We may have to restrict entry numbers to ensure safety & quality of competition. If so, non KCAA qualified athlete entries may be restricted and accepted in date order after acceptance of Kent qualified.
5. Master woman in age categories 35 to 49 wishing to compete in the 3k will only be accepted as a senior women and appropriate medals will only be awarded.